

INSPIRE ISSUE 44

Free of charge - please take a copy!

WE

WILL

REMEMBER

THEM

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Inspire is available to download from the church website:-
www.capelandockleychurch.org.uk/inspire-magazine/

You can either sign up to receive Inspire as and when it comes out
OR download individual issues.

This issue is sponsored by

Sylvie Beckett

* * *

We give thanks for our friend Sylvie who celebrates the second anniversary of her authorisation as our Parish Pastoral Assistant. We pray that she may continue to serve our Parish to the best of her ability and that we may offer her our blessing, love and support as she goes out into the community in God's name.

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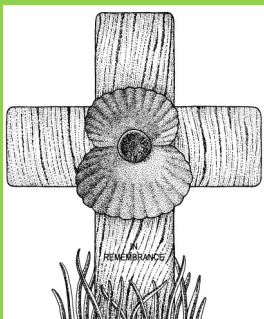
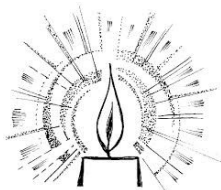
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Would you like to join us in lighting
candles at 6pm on
Sunday 1st
November 2020 to
remember all
those we have lost
as we remember
All Saints/All Souls .



**Remembrance
Sunday
8th November**

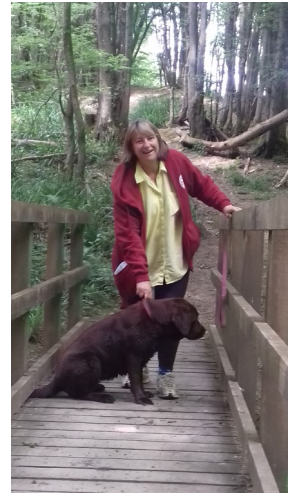
See page 5 for
details of services
and events.

Dear all,

This month I have been busy preparing for the parish Annual Parochial Church Meeting (APCM) which should have taken place at the end of March this year. Well as we all know so well lockdown happened and everything was put on hold. Well the APCM was finally held last week as I write and we were finally able to put the year 2019/20 to bed!

It was really rather strange trying to think back to 2019 in the light of all that has happened this year - it seemed an age ago and presented a very different picture to that we are experiencing now.

2019 was as in previous years a very full and busy year and we were enjoying very much our second year as two churches together in our combined parish of Capel and Ockley. The highlights included the restoration of the West wall in the churchyard by our stonemason and sculptor in residence (!) Shaun Williamson. Thank you to all who donated towards this work and with the shared costs with the Parish Council and other grants we were able to complete the work to which all I think will agree looks stunning. Shaun has now begun the North side of the wall so you may have seen him in the last few weeks.



We were able to do much in the way of fundraising in 2019 as well, enjoying various events such as the Capel Show barbeque and the Harvest Supper Murder Mystery plays along with the most wonderful Vicarage Fete which raised money for our schools. We also, thanks to Bob and Judy Cranham, enjoyed four wonderful concerts in church featuring jazz and folk musicians, one featured Jaqui McShee from Pentangle. We have thoroughly enjoyed getting to know Vanda and her team at The Crown who very generously allowed us to experiment with Cafe Church at their pub. This has been a resounding success and continues to be so. A huge thanks to Vanda, Vicky and the team and of course Gladys for allowing us entry!!

In church we loved singing from our new sponsored hymnbooks which sadly we cannot use at the moment until congregational singing is allowed again. We welcomed several visitors in 2019, one of which was the remarkable and talented Francis McFaul who is a preacher, musician and double amputee. With his lovely wife Jackie they travelled down from Scotland to join us at our Sunday worship. We were very blessed....

We also had visitors from the States; first a family from Guilford in Connecticut whose church was originally founded by the Revd Henry Whitfield, Rector of St Margaret's Ockley in the 17th century. He led a group of pilgrims to found Guilford and the church. We then met Pastor Michael Mullins and his wife Shirley who came to visit St Margaret's as he had traced his ancestry also back to Henry Whitfield. Their church is in Albuquerque, New Mexico and it was a pleasure to be able to welcome them in our Ockley surroundings which they were entranced with!

I have also been blessed to receive the support and ministry assistance of Graham Everness who is a Licenced Lay minister from St Pauls's Dorking. Graham is much appreciated by us all with his leading worship and preaching. Another blessing for me personally has been the presence of some of our past incumbents who have been invited to officiate at baptisms or funerals. On one occasion three of us were together which was wonderful! Pastorally we have been blessed by Sylvie Beckett who is an authorised diocesan pastoral assistant and she quietly has visited those who have needed a listening ear. We celebrated with those who we married in our parish and with those who came to be baptised; both in fact happened at one of our weddings! And of course we have sorrowed with those who have been

Continued on page 4



bereaved and we said farewell to many much loved members of our community and church family. We miss them all and give thanks for their lives. Each one is precious to us and especially precious in the sight of God.

This month of November gives us a special time to remember all those we have love who have died, at the service of comfort for the bereaved on All Souls Day and also at the Remembrance Day services in both Ockley and Capel on the 8th November. The service will be in Capel at 3pm as usual and we hope to be able to accommodate everyone safely distanced. We will be processing to the war memorial at approximately 3.40pm so do join us there if you would rather not be in church. We will be joined in marking the occasion by a smaller field gun than previously which will fire two blank charges to mark the start and finish of the two minute silence. Please see elsewhere in the magazine and local posters for more information on this.

So we say farewell properly to the year 2019/20 in our parish year - a year of great consolidation as two churches in so many different ways. We look forward to the future, even though we have like so many other organisations and businesses suffered financially and give thanks that despite the lockdown and all that has followed since, we have all risen to the task of continuing to worship and minister to those in Capel and Ockley, our wonderful villages and communities. With uncertain times ahead with Covid, we will continue to be creative and find new ways of supporting one another in church and community I am reminded of St Paul's words:

'We are afflicted in every way, but not crushed; perplexed, but not driven to despair; persecuted, but not forsaken; struck down, but not destroyed; always carrying in the body the death of Jesus, so that the life of Jesus may also be made visible in our bodies. So we do not lose heart....' 2 Corinthians 4. 8-9

With my love and prayers

Revd Liz

Revd Liz Richardson liz@hostmyserver.co.uk 01306 711260



**EVERY
POPPY COUNTS**

UPDATE ON THE ROYAL BRITISH LEGION POPPY APPEAL 2020

Those of you that have received your Capel Magazine for October will have noticed a short article from me saying that poppies this year will only be available from the major supermarkets and that door to door collections would not take place this year. Since I wrote that, the Legions policy has changed, and I am now able to supply poppies to businesses. I therefore expect to have collecting boxes in the normal shops in the district including; **Carter's, Carter's Car Care, The Crown, Capel News and Village Greens.**

The Royal British legion was founded by veterans after the First World War. A century later they are still supporting today's armed forces community in almost every aspect of daily life. They also champion Remembrance, safeguarding the memory of those who have given their lives through Remembrance education and events. The Poppy Appeal is the Legion's main fundraising campaign. Every penny donated makes a difference to the lives of the people that they support. If you get the chance, please collect a poppy from one of the shops and give generously to this cause. If you are not able to donate in person there are other ways:

BY PHONE - Call the fundraising support team on 0845 845 1945 to make a donation by phone.

BY TEXT - To donate £3, text POPPY to 70020. Cost £3 plus standard network charges (typically £2.97 goes to the Royal British Legion).

INTERNET BANKING - Bank Account Name: RBL Poppy Appeal; Sort Code: 30-11-75; Bank Account No: 01937121; Reference: SEC04.

POPPY SHOP - There is a large selection of merchandise on sale at <https://www.poppymshop.org.uk/>

Thank you

Stuart Cole Tel: 01306 711449

These special edition VE75 commemorative lapel pins will be available in the local shops.



Suggested donation is £2.99

VE Day 75 Lapel Pin
£2.99

Please note that the format of the services may change from week to week.

SUNDAY 1st ALL SAINTS / ALL SOULS
 9.30 am Matins at St Margaret's Ockley.
 10.30 am Family Communion at St John's Capel
 3 pm Service of remembrance for the bereaved at St John's
 5.30 pm Service of remembrance for the bereaved at St Margaret's



SUNDAY 8th REMEMBRANCE SUNDAY
 10.30 am Cafe Church at The Crown.
 10.45 am Service of Remembrance at St Margarets Ockley
 3 pm Service of Remembrance at St John the Baptist Capel

SUNDAY 15th SECOND SUNDAY BEFORE ADVENT
 9.30 am Family Communion at St Margaret's Ockley
 10.30 am Morning Worship at St John the Baptist Capel

SUNDAY 22nd CHRIST THE KING
 9.30 am Matins at St Margaret's Ockley
 10.30 am Family Communion at St John the Baptist Capel



SUNDAY 29th ADVENT SUNDAY
 9.30 am Morning Worship at St Margaret's Ockley
 10.30 am Morning Worship at St John the Baptist Capel

DECEMBER

SATURDAY 5th Churchyard Christmas tree decorating -
for times see next month's magazine

SUNDAY 6th SECOND SUNDAY OF ADVENT
 9.30 am Matins at St Margaret's Ockley
 10.30 am Family Communion at St John the Baptist Capel
 3 -5pm Christmas Capel Teas in church

Guidelines for Parish Sunday Services

We are following a more basic pattern of services at the current time and we would request that you note the following guidelines below so that we fulfil government guidelines for your safety:-

- Only 2 people to sit in each pew that is open (or one household and room for a single person)
Every other pew will be cordoned off
- Hand sanitiser which will be by the door to be used when you enter and leave.
- Masks must be worn in church (unless exempt), where there may be other people present, remembering that they are mainly intended to protect other people, not the wearer from coronavirus COVID-19 and that they are not a replacement for physical distancing and regular hand washing.
- No refreshments are currently served but do feel free to bring a water bottle with you.
- We are advised to ask you not to spend too long in the church building after the service as it has to be cleaned and sanitised.
- At Capel the toilet will be open and disinfectant available for you to wipe all surfaces after usage.
- We cannot sing as a congregation but there is music from our organists, choir, musicians, a small group of singers and/or recorded music as appropriate.
- The service will be printed on a sheet given to you as you enter the church along with the weekly newsheet. Please take both home with you.
- No collection will be taken but we ask that you leave your donation on the plate. OR for those who have a smart phone, an alternative way to give is to download the Givt app and use that to donate instead of cash.
Any queries on Givt - please speak to Dineke, Debbie or Helen. Thank you.
- Holy Communion is given in one kind (wafer) and all necessary hygiene precautions are taken.

Please also note that St John's is open during the week and at weekends but St Margaret's is only open at weekends. For all the latest information and updates please visit our parish website www.capelandockleychurch.org.uk

REMEMBRANCE SUNDAY

There are restricted numbers for the service of remembrance which will take place inside church starting at 3.00pm

If people would like to reserve a seat or seats if they are a family group or bubble, please to add their details to the list inside the church porch. Please indicate if this is a group booking so that we can adjust the numbers accordingly to be seated in a pew. For separate people attending we have a limit of approximately 45 socially distanced seating positions.

There will then be the laying of wreaths at the war memorial along with the bugler, standards and so on with the firing of a smaller navy gun in the grounds of the Crown. This outdoor part of the service is open to all of course and we hope people will respect social distancing rules and follow the guidance of community marshalls there to keep everyone safe! The outdoor part will commence at approximately 3.40pm.

Cafe church is also taking place in the morning with the remembrance theme at The Crown with Bob and the Band who will keep the official two minute silence at 11.00am.

Ockley's service of Remembrance will take place at 10.45am at St Margaret's.



Updates from the recent Annual Parochial Church Meeting (APCM) held on 18th October

Shirley Dean Webster has stood down as Churchwarden after a minimum of 18 years' service. She was thanked for her long service and presented with an album which contained a letter of thanks written on behalf of St Margaret's and the old Okewood, Ockley and Forest Green parish by Gordon Lee Steere. The album also contained prints of beautiful illustrations of a children's book designed and illustrated by Dianne Buckley Sunda and another artist (details to follow!) which features St Margaret's Church.

Margaret Zandona was elected to join the PCC and has taken the office of Secretary. We thank Margaret for taking on this role and thank John Ashwood the previous Secretary who has stepped down.

Also, Leigh Smith also was elected on as well as Safeguarding Advisor, despite being co-opted on last year.

Notices & News of forthcoming events & Services

Page 7

Harvest Collections - Thank you to everyone who donated—£206.00 was raised for the UK Sepsis Trust. *Do read George Ede's personal reflections on having survived Sepsis and the work of the Trust on page 30.*

Food donations Thank you to everyone who kindly donated.

Wall repairs—Shaun is down again at the moment and working on the wall. It is coming along well. You are welcome to come and see the works taking place and catch up with Shaun! *See Debbie von Bergen's update on page 17, together with some pictures of an unexpected find!*

All Souls Services will be held at BOTH churches this year—see the list of services and events on page 5.

Poppy Appeal Please see Stuart Cole's update on local poppy collections on page 4. ***This is an UPDATE since the October issue of the local village magazine was published.***

Stamps & Printer Cartridges Please keep collecting stamps for RNIB via our churches and now you can recycle Printer cartridges too - see Debbie von Bergen's note on page 17.

Capel Church Tea - DATE FOR YOUR DIARY! We are also hoping to hold another socially distanced waitress served tea on **Sunday 6 December 3-5pm**. *Please put the date in your diary and come and join us.*

**We'd love you to join us in lighting candles
at 6pm on Sunday 1st November
in remembrance of all those we have lost?**



Sunday 1 November will see our services of *Remembrance for the Bereaved* - 3.00pm at Capel and 5.30pm at Ockley. Sadly we won't be able to serve refreshments at these services but please do leave names that you would like to remember on the lists in both churches. As we can't all be together we thought it would be a nice idea to light candles at 6.00pm in remembrance of all those we have lost. *The normal morning services will also take place.*

Weekly Sheets Editor

Would you like to do the weekly newsheets? I have now been doing them for nearly four years and would like to concentrate on producing InSpire each month.

Currently, Debbie von Bergen and I do alternate weeks. I will be finishing them at the end of October and hope that someone would like to take over!

Any more info, please either speak to Rev Liz , myself or Debbie von Bergen.

Thank you

Suzanne Cole

(Contact details for us all are on page 2)

SAFEGUARDING NOTICE

'The care and protection of children, young people and adults involved in Church activities is the responsibility of everyone who participates in the life of the church. If you are concerned that someone you know is at risk of, or is being abused, or presents a risk to others, please seek advice from a Safeguarding Adviser or if necessary report the matter to the Local Authority Social Care Services or the Police without delay.'

If you have any concerns contact our Safeguarding Officer Leigh Smith 07732825908 leighdesouza@yahoo.com
or Revd Liz Richardson 01306 711260 liz@hostmyserver.co.uk

*This notice will appear each month in InSpire
and the contact details for our Safeguarding Officer and the Diocesan Safeguarding Advisor
Ms Jane Huttly will be published in our weekly pew sheets as well as in
the Church Contacts on page 2 of each issue of InSpire.*

Bible Bite

A short story from the Bible

It can be read in the Bible in
Lk 8:40-56, Mt 9:18-26, Mk 5:21-43

Jairus, a town leader, had a 12 year old daughter who was ill and about to die. He came to Jesus and knelt at his feet...

Please come! If you touch her she will be healed.




Jesus went with him.

In the crowd was a woman who had been ill for 12 years.



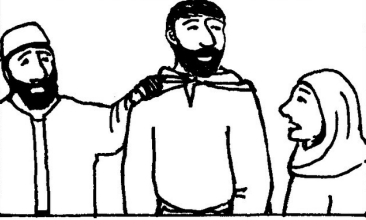
If I touch his cloak I will be healed

Jesus felt power go out of him



Who touched me?

Jesus waited...



and the woman knew she had to tell him.

She knelt at Jesus' feet and told him everything



Go, daughter.. Your faith has healed you.



Then Jairus was told his daughter had just died.

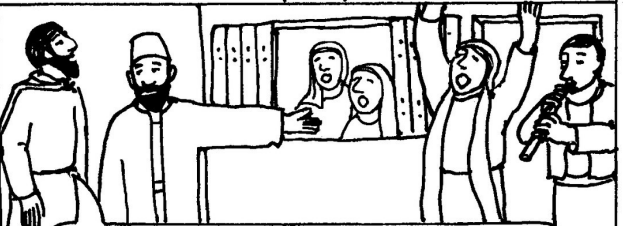


But Jesus said




Don't be afraid, just believe and she will be healed.

When they got to Jairus' house, it was filled with people mourning.



She is not dead, but asleep.

They laughed at Jesus. He sent them out of the house.



Little girl, get up!



At once she stood up!

Her parents were amazed.



Give her something to eat, and don't tell anyone what has happened.



e	s	w	k	c	t	b	s	g	c	l	i	i
e	m	o	u	r	n	i	n	g	i	o	a	f
f	l	m	b	e	l	i	e	v	e	r	m	e
x	d	a	u	g	h	t	e	r	x	y	l	e
j	v	n	u	t	j	v	d	i	s	c	k	t
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x	k	o	j	a	i	r	u	s	e	w	t	o
y	t	o	p	o	z	t	i	s	z	r	h	e
k	g	d	d	p	o	w	e	r	e	k	f	y
t	p	b	a	f	r	a	i	d	d	y	t	t

come

feet

cloak

Jairus

power

something

mourning

daughter

girl

knelt

twelve

leader

faith

waited

believe

laughed

woman

stood

afraid

house

healed

Jesus

touched

parents



'I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing.' John 15:5

KNOWING GOD'S WILL.....

SUNDAY 1st

Father of us all, through our prayers help us to understand and to reach for the best You have for us. Help us to experience freedom in following You and to use that freedom as a tool for a life of exuberant service.

PATIENCE

'Be joyful in hope, patient in affliction, faithful in prayer.' Romans 12:12

MONDAY 2nd

Heavenly Father, we pray that neither fear nor worry may consume our lives, even though the prospect of more lockdowns this winter may seem hard to bear. Help us to wait patiently for Your peace. We thank You in advance for helping us.

TUESDAY 3rd

Father God, help us to be patient and not quicktempered with others. We pray that we will reflect Your love in all our encounters and that patience and understanding will rule our hearts.

God of power, we pray for the virtue of patience, in our hearts, our homes and our lives. We want to wait patiently for Your will to enfold in our lives.

THURSDAY 5th

Loving Father, may we learn to wait patiently for You to bring Your answers to our prayers. We want to cooperate and wait on Your plans for us.

FRIDAY 6th

Father God, teach us to be patient with our lives, ourselves and with others. We sometimes try to hurry things along and push for answers before the time is right. Teach us to trust Your timing rather than our own and to surrender to Your greater and wiser plan.

SATURDAY 7th

Dear Lord, if we suffer from disappointments, the thoughtlessness of others, insincerity of those we trust and unfaithfulness on whom we rely, help us to be strengthened by Your power and might. May patience bring peace and joy to alleviate the suffering.

SUNDAY 8th

Heavenly Father, we ask You to grant us the virtue of patience. We pray that it will mellow us, not harden or embitter us. May it make us broad in our forgiveness and never proud or overbearing.

REMEMBRANCE

MONDAY 9th

'For I will forgive their wickedness and will remember their sins no more.' Jeremiah 31:34

Loving Father, thank You for the promise to forgive our sins. We pray that we will find the strength to forgive those who hurt or offend us.

TUESDAY 10th

'I will remember my covenant between me and you and all living creatures of every kind. Never again will the waters become a flood to destroy all life.' Genesis 9:15

Dear Lord, we pray for the people whose lives have been torn apart by floods, earthquakes or other natural disasters. May they be able to rebuild their homes, their lives and their livelihoods.

WEDNESDAY 11th

'Remember that my father fought for you and risked his life.....' Judges 9:17

Loving God, we hold before You all the men and women who have died in active service around the world. As we honour their courage, may we put our faith in You; for You are the source of life and hope, now and for ever.

THURSDAY 12th

'On my bed I remember you; I think of you through the watches of the night.' Psalm 63:6

Father God, we thank You for our comforts and, as the nights grow colder, pray for those who have no shelter or home to call their own. We pray for those who cannot sleep due to worries and concerns brought on by this virus.

FRIDAY 13th

'When my life was ebbing away, I remembered you Lord and my prayer rose to you....' Jonah 2:7

Loving Father, You know our hearts and share our sorrows. We are hurt by parting from those we love. Have mercy on those who mourn and are filled with the pain of grief. Be near to us and teach us to fix our hope on You.

SATURDAY 14th

'Lord, you understand; remember me and care for me.' Jeremiah 15:15

Father, You know all the ups and downs of our lives. Thank You that You are there for us in all circumstances and we pray that each day draws us closer to You.

SUNDAY 15th

Heavenly Father, as we remember those who died in wars, so we also pray for the men and women who are still suffering from their injuries in body or in mind. Comfort them in their distress and bring them peace, we pray.

OURSELVES

'He gathers the lambs in his arms and carries them close to his heart.' Isaiah 40:11

MONDAY 16th

Lord, we thank You for Your love for us especially when we are weary, stressed, impatient and burdened with life's difficulties.

TUESDAY 17th

Loving Father, may our eyes and ears always acknowledge You in the joy of Your creation. Thank You that Your promise is to be with us always.

WEDNESDAY 18th

Father, give us tender hearts so that we may bear the struggles, the joys and the sorrows of those around us as Jesus did. We particularly ask for strength and forbearance during this difficult time.

THURSDAY 19th

Dear Lord Jesus, help us and guide us to have a forgiving heart and to give a kind word to those who are lost. May the words we speak be seasoned with faith so that Your name is glorified.

FRIDAY 20th

Father, You see our scars, visible and invisible and use them to cover us with Your healing love. We thank You that, even though we are damaged, broken and unworthy, You draw us close to You to make us whole because You love us.

SATURDAY 21st

Holy Father, we thank You that You have promised to walk before us, beside us and with us as our Lord, guide and friend. When we entrust our lives to You, You promise us eternal life.

SUNDAY 22nd

Father God, we thank You for loving us lavishly. Your love for us knows no boundaries as the strings-attached-love of this world, but it is a love that reaches into eternity. Sometimes we may feel unworthy and worthless, but You know and love the worth of us.

CONFESSION AND REPENTANCE

'If we confess our sins, he is faithful and just and will forgive our sins and purify us from all unrighteousness.' 1 John 1:9

MONDAY 23rd

Dear Father, we are sorry for our sins and repent of them all. Today, we give our lives to You and declare our faith to Your Son, our Saviour, Jesus Christ who died for us so that we may have eternal life.

TUESDAY 24th

Loving Father, if the choices we have made in our lives have led us far away from You, if the path we follow is our own and not Yours, help us now to confess our need for You. We confess we need Your help and Your forgiveness. We need Your guidance to be faithful to Your word for evermore.

WEDNESDAY 25th

God of Healing, we bring to You our brokenness, our fears and our despair and lay them at Your feet. We long to hear Your voice and to know the peace that only You can bring. May we feel the grace of Your forgiveness and Your love.

THURSDAY 26th

Holy Father, You have given us a world of beauty, and we have spoilt it. A world to feed us, yet many go hungry. A world of riches, and we are unwilling to share. A world to care for, and we think only of ourselves. Forgive us, gracious God, for our selfishness and enable us to see this world as a gift from You.

FRIDAY 27th

Holy God, in the daily round from sunrise to sunset, remind us again of Your holy presence. Free us from shame and self-doubt. Help us to see You in the moment-by-moment possibilities to live honestly, to act courageously, and to speak Your wisdom.

SATURDAY 28th

Heavenly Father, we confess that we are finding life hard at the moment with restrictions on meeting together with families and friends. We are losing patience and hope and we are caught between doing what we want and helping others. We confess we need You to encourage our hearts and to help us to be Your people during these difficult times.

SUNDAY 29th

Holy Father, help us to understand the need for confession when we realise our desire for You and our hope for Your mercy. Help us to take that first step towards wholeness and healing.

ADVENT

'Strengthen the feeble hands, steady the knees that give way; say to those with fearful hearts, 'Be strong, do not fear; Your God will come..' Isaiah 35:3-4

MONDAY 30th

Lord Jesus, we rejoice for the coming of You into our world but the celebrations this year will be very different. Many are struggling with sickness and distress so we rejoice that You come as Saviour and comforter. Many are suffering from lack of hope so we rejoice that You come as our Shepherd.

Editor: 29th November is the start of Advent...

The Promise of Advent

Stir up our hearts, we beseech you,
to prepare ourselves to receive your Son.
When He comes and knocks, may He find us not sleeping in sin,
But awake to righteousness,
Ceaselessly rejoicing in His love.
May our hearts and minds be so purified,
That we may be ready to receive His promise of eternal life.

from The Gelasian Sacramentary, c.500 (oldest official prayer book of the Western Church)



Holy Trinity Christmas cards
pack of 10 for £4.50

Christmas 2020 at Traidcraft

Just some examples from
Traidcraft's new
Autumn/Winter 2020
brochure!



The Real Advent Calendar (85g)



As low as
£3.99



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Decorations - Set of Six

£11.95



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Tree Biscuits (200g)



As low as
£2.95

Christmas has arrived at Traidcraft! We have just obtained some more brochures which will be in both churches shortly. Alternatively, you can log on to the Traidcraft website: traidcraftshop.co.uk and we can then order for you if you would like us to. ***If we order as our church representatives, the churches benefit from 10% of all sales at the end of the financial year.***

Don't forget we are happy to deliver locally and will always follow current Government guidelines regarding Covid-19 to both you and us as safe as possible! Payment can be by cheque, cash or online transfer ... whichever is more convenient for you.

Suzanne & Stuart Cole

email: traidcraft@ansford.me.uk

or phone 01306 711449

Thank you!

Current Stock

Bio-D Hypoallergenic Sanitising Hand Wash Geranium (500ml)	£ 4.20
Bio-D Hypoallergenic Sanitising Hand Wash Lime and Aloe Vera (500ml)	£ 4.20
Divine Milk chocolate 35g	£1.10 Low stock
Organic Dark Chocolate with Mint cream	£2.65
Kilombero White Rice from Malawi 1kg	£3.75
Organic Milk chocolate 100g	£2.65
Fair Trade Organic Penne Pasta from Bolivia 500g	£2.70



Just some of our current stock!

Letter from the Editor

Dear Readers,

Our late 'summer holiday' in Pembrokeshire at the end of September now seems a distant memory with the Autumn really setting in.

We have the All Souls service for the Bereaved at BOTH churches on Sunday 1st November and several services for Remembrance Sunday on 8th November. For full details see page 5 for 'Services & Events'.

The church looked breathtakingly beautiful for our recent Harvest and there are just a few pictures on the back page. The beautifully crafted mice in the window display were particularly lovely and made with such care. The collection on Harvest Sunday was taken to support The UK Sepsis Trust and this has a particularly poignant place in the heart of our friend and parishioner George Ede who survived sepsis last year. You can read her article on the Trust on page 30 as part of our occasional 'Charities Focus' page. My thanks to George for contributing and please do let me know if you have an affiliation with a particular charity that you would like to highlight? My recent MNDA Mission 5,000 came to an end and I raised just over £1,000 plus gift aid for the Motor Neurone Disease Association. They had over 800 participants and over 44,000 miles were walked/run/cycled! The total so far is £214,000 and counting! My thanks to those of you who supported me!



"Given the state of our heating system, you'd think the vicar would be all for it!"

There are some interesting articles from The Church Times over pages 20—24 including one by Justin Welby and Stephen Cottrell on Resilience. *"Resilience is part of the bedrock of the Bible. In Isaiah 7.9, Isaiah says to a panicked King Ahaz: "If you do not stand by faith you will not stand at all." Ahaz has justifiable worries: an army is threatening to besiege his city. Isaiah says that God is bigger."* For the first time I have included a recipe page from the Church Times which includes two recipes. I hope that this is a popular addition!

Sue Dixon has written again for us regarding the current bellringing restrictions and the fear that it may affect bell ringing longterm after such a long absence from being able to operate in the normal way. Do see her article on page 14.

Stuart and I would very much like to thank those of you that have already placed Traidcraft orders. We are happy to help you order anything you want from Traidcraft and if we do so, the church benefits from 10% of the overall takings each year! So please consider doing some (or all!) of your Christmas shopping from the excellent Traidcraft catalogue and let's benefit ethical suppliers and our church at the same time! This year, Christmas shopping isn't as straight forward as usual so this is an excellent way of keeping it simple! Any queries do contact us—see the details on the opposite page.

My thanks to Sylvie Beckett for sponsoring this issue and although she didn't ask for a dedication, I remembered that it was two years since she had been authorised as a Pastoral Assistant at Guildford Cathedral. Therefore the prayer in the box on page 2 is an updated version of the one shared two years ago. I'm sure we would all like to thank Sylvie for her continued care and support in our Parish.

Lastly, as the wife of the village Poppy co-ordinator, please don't forget to get your poppies! They are available in the shops in Capel and if you cannot find one or get to the shops, please do call us on 01306 711449 and Stuart will try and help you!

With best wishes,

Suzanne

"The living owe it to those who no longer can speak to tell their story for them."

— Czesław Miłosz, The Issa Valley



News from the Belfry



Not Just Virtual Bellringing

By Sue Dixon



A recent article in the Spectator described how quiet it is in London even after lockdown, when there had been a partial return by commuters and realised it was because the church bells in London are not being rung. She urged the powers that be to get them ringing again as ‘everything about bellringing is an antidote to terrible 2020.’ The author went on to relate her own experience of visiting a bell tower a few years ago and how addictive she found it to handle a bell – controlling such a huge weight and its precarious balance.

Happy as we are to be ringing again, at the time of writing restrictions remain in place so that we are only able to ring some of the bells at any one time, and for a maximum of fifteen minutes from start to finish, on any occasion. No practices are allowed and instead we continue to meet in Zoom and use Ringing Room, a computer application that enables us to ring together remotely by pressing a key for each bell.

When the lockdown was first announced a few of the top tier ringers voiced concerns that we would not be ringing till Christmas, and that seemed rather pessimistic back in March. Now, however, although we are ringing, it is on a very limited basis and not likely to change for some months yet.

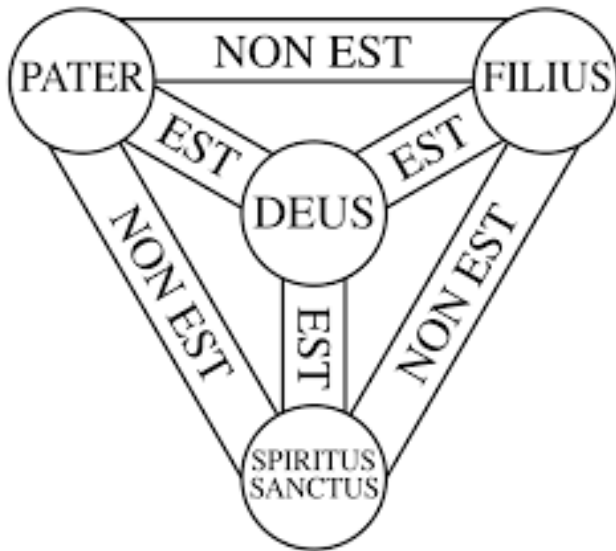
In normal times there would be numerous groups holding supplemental practices through the week, outside of regular service ringing and practice nights. These are useful for focussing on specific methods, by bringing ringers of similar abilities together, but also for social reasons, often with a pub included, visiting different towers or ringing on higher numbers of bells. These groups have obviously not been allowed to ring and had suspended activities awaiting the lifting of restrictions. As we appear to be entering a second wave, a number of these groups are now arranging substitute virtual meetings, to keep the ringing community connected and up to speed, in recognition of the fact that it could be another six months before ringing returns to anything like before.

Although not such an issue locally there is also a concern that a number of ringers, will not return to their tower bands when the time comes - those with health concerns, or frailty, particularly after not ringing for such a long time, or even that in the interim they have found other things to do with their time. This could have a devastating effect on the future of ringing which has developed and passed from generation to generation in Britain for over three hundred years. It is a wonderful blend of sport, music, exercise, and friendship, as well as a challenge of wits and skill. Frustratingly, we are unable to recruit new ringers to offset any potential losses as teaching requires close contact, even without the restrictions on sharing ropes and the 15 minute time limit.

As in other aspects of life, we have realised how important the social side of ringing is, even if we had not thought much about it before, and this will no doubt keep us going through these trying times. We hope to be able to ring for the Remembrance Service in November on half muffled bells as usual, even if not all six, and to bring some festive cheer at Christmas, as far as allowed, and see where we stand in the New Year!

For more information contact Sue on 01306 627168 or email ockleybellringers@btinternet.com





Suzanne and I used to worship at St James in New Malden where the chancel was decorated with heraldic shields despite being a modern and otherwise Cistercian styled building. The central shield always interested me. It says in Latin that the Father is not the Son or the Holy Ghost, but all three are God.

It is based upon the Athanasian Creed which I think I have only ever heard in a service once. The Book of Common Prayer 1662 says that that creed should be used thirteen times per year at Morning Prayer in place of the Apostle's Creed, but this is now rarely done. It is often called the Quicumque Vult after the first two words of the creed in Latin. The creed is the longest of the three creeds and would make a full service of Matins very long indeed. It is also not really a creed in that it does not begin with

'I believe', rather it is a confession of faith and an inaccurate translation of the original. It states that 'the Father incomprehensible, the Son incomprehensible: and the Holy Ghost incomprehensible', when a true translation would be infinite rather than incomprehensible. But possibly the main reason why it is no longer in regular use is what is known as the damnatory clauses:

"Whosoever will be saved: before all things it is necessary that he hold the Catholick Faith: which Faith except every one do keep whole and undefiled: without doubt shall perish everlastingly."

And, at the end:

"This is the Catholick Faith: which except a man believe faithfully, he cannot be saved."

Its use became optional in the 1928 version of the BCP when a more accurate translation was provided and these clauses became optional, but its use still declined. Common Worship has reverted to the original 1662 text which will hasten its demise yet faster.

The history of this creed is debatable. The fall out of the Arianism heresy (Arius argued that Christ was exalted but not a God) focused on the nature of Christ and culminated in the Nicene Creed in 325. St Athanasius, fourth century Bishop of Alexandria, was instrumental in the creation of the Nicene Creed and led the arguments against those that said Christ was not God. He did not write the creed that is named after him, although the provincial synods that he oversaw in Alexandria in 361 probably influenced the author. Based upon analysis of the different branches and divisions of Christianity, it is now thought to have been written in Latin on the island of Lerins, off Cannes in France, in the middle of the 5th century. Most likely by some unknown person and when the creed later became popular St Athanasius's name became associated with it because of the similarity of the doctrine. St Athanasius died in 373 and on his tomb was written, "Athanasius against the world." Despite being a great leader of the Christian world, he had been exiled a number of times because of his belief in the Trinity.

The creed was originally used in the office of Prime after the sermon and it was this service that Archbishop Cranmer used as the basis of the first part of Morning Prayer. It was the first creed to state the equality of the three persons of the Trinity.

by Stuart Cole

Films in both Beare Green & Capel

Page 16

Beare Green

In case you've not been in Beare Green Village Hall, recently it was refurbished in 2016, repainted very recently, has a modern digital projector and large screen and good sound system. We spread the chairs out so the audience can distance themselves from one another.

Saturday 14th November 7.30pm 'The Personal History of David Copperfield'

Saturday 12th December 7.30pm 'Military Wives'

*To check whether each event is going ahead, please ring Lesley on 07752 658301. *

Capel: Flix - Emma Tuesday November 3rd

Subject to any changes that might be made before 3rd November, we shall re-start Flix in the Stix with a screening of the latest version of Jane Austen's "Emma". It will be important to remember that several changes have had to be put in place to comply with current safety restrictions. The most important change is that seating will be limited to 32 plus helpers. This means you **MUST** book in advance by phone (07889 756252) or by e-mail mandyschryver@gmail.com Bookings can only be taken from 26th October. Payment will be £5.00 and by card only at the door. Cash will not be accepted. There will be no intermission and no refreshments, however you are permitted to bring your own refreshments. Face coverings are required for those attending, unless you have a medical reason why you should not be wearing one. We look forward to seeing you. As usual, doors will open at 7.30pm for the show to start at 8pm. David Silliman

Helping people cope with loss

Bereavement at any time is hard. Bereavement during a period of isolation with restricted movement and limited contact with family and friends is so much harder. During the global coronavirus pandemic many thousands in the UK have faced the loss of someone they know.

Loss and HOPE was launched just before the Covid-19 crisis to enable the Church to respond effectively with support for those who are grieving. This timely coalition between HOPE Together, Care for the Family, the Church of England and At A Loss, is developing support for the increased numbers of people who are bereaved at this time. The church-facing website lossandhope.org is gathering ideas from Christians across the country to help churches support the bereaved. Loss and HOPE is also connecting Christians who are experts in supporting people who are bereaved, to run the Bereavement Journey course.

This tried and tested six-session course uses films and discussion, which help to guide people through the most common aspects of grief. It is for anyone who has been bereaved at any time, and it offers an optional session with the Christian perspective.

To find out more about the course visit www.thebereavementjourney.org or contact projectleader@lossandhope.org for more information.

© Parish Pump

Lord, prop us up!

There is a story of an old farmer who always prayed the same prayer at his church meeting. 'Lord, prop us up on our leanin' side'. After hearing this many times, his minister asked him one day quite what he meant.

The famer replied: "Well, it's like this... I've got an old barn out in one of my fields. It's been there a long time, and gone through a lot of storms. One day a few years ago I noticed that it was leaning to one side a bit. So, I went and got some poles and propped it up on its leaning side, so it wouldn't fall. Then I got to thinking about how much I was like that old barn. I've been around a long time, and seen plenty of storms in life. I was still standing, but I was also leaning a bit. So, I decided to ask the Lord to prop me up, too, on my leaning side.

Our 'leaning side' is where we are weakest in ourselves. Sometimes we get to leaning toward anger, bitterness, bleakness in life. Then we too need to pray for God to prop us up, especially on that leaning side. He wants us to stand tall and free, in Him.

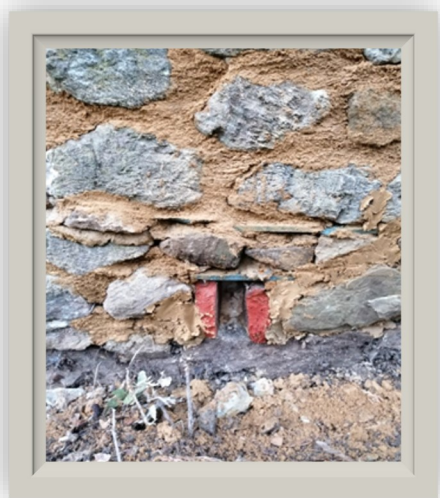
© Parish Pump

Update on the church wall at Capel

by Debbie von Bergen

Many of you will have noticed that Shaun Williamson has started work on the north boundary wall. Part of this section has been badly damaged by tree roots so the work has been slow, but I'm sure you can see what a difference he has made. For this section Shaun has been helped by local volunteer Toby who has been learning the ropes with a view to possibly going on to study stonemasonry later.

Both Shaun and Toby had a surprise when they disturbed a European Black Adder which had made its home inside the wall! Shaun has subsequently left an entrance for it to get back into its home, and has video evidence of it returning. How wonderful to think we have such interesting wildlife in our churchyard!



We want your stamps!!!

As a church we have been collecting stamps for almost a year now, and I am delighted to say that I have been able to send 5 large envelopes and 2 boxes of albums to the RNIB. Thank you for all your donations so far.

As we haven't been able to see as much of our friends and family as normal, I suspect that many will send more Christmas cards this year as a way of keeping in touch. So this is a reminder to keep all the stamps and pop them into the church where there will be a box for you to deposit them. I will then sort them into UK and Overseas (the RNIB take them all but like them to be separated) and send them on. If you can also trim them so that there is no more than a 1cm border I would be most grateful – trimming thousands of stamps as I have done over the summer is very therapeutic, but time consuming!



Printer Cartridges

As a new recycling strategy, I have also signed the church up with a Printer cartridge recycling company. They will donate up to £2 per cartridge to the church. A box for your used ink cartridges will be in the church porch shortly please deposit any used empty cartridges in there and I will send it off when it is full. Some cartridges don't have much value but can still be recycled in this way so you are still helping the environment. I Look forward to all your donations!

Thank you
Debbie von Bergen

***NEW 19th November: Hilda - Abbess of Whitby**

Hilda played a key role in the early English Christian church, and she may even have been the first to encourage the writing of Christian poetry.

She was born a princess, into the Deiran (Northumbrian) dynasty, and her sister became Queen of the East Angles, with whom the Deiran had connections.

In those days East Anglia had close ties with the Gallic Church, and because of her sister, Hilda came under that influence. She was actually on her way to take her monastic vows near Paris when the Bishop of Lindisfarne, Aidan, called her back to Northumbria.

Back home, she went into seclusion for a time, before being sent to be abbess of a religious house in Hartlepool in 649.

Eight years later, Hilda felt moved to establish a religious community at Streasnaeshalch (later renamed Whitby). Her community was a royal establishment, a double monastery (both men and women) and became famous for its learning, with even five bishops trained there.

Whitby was also, of course, the venue for the famous Synod of Whitby in 664. With Hilda acting as hostess, the Synod met to decide upon the date of Easter. The issue at stake was greater than that, though, for the decision would sway the Church in Britain to adapt either the Celtic or Roman traditions. Although Hilda defended the Celtic church customs, she accepted with grace the decision of the Synod to accept the Roman date for Easter, and she then worked to unite the Church throughout the land.

And one for the musicians amongst you ...

22nd November: St Cecilia - patron saint of musicians



If you are going to any concerts before Christmas, spare a thought for St Cecilia - the patron saint of musicians.

Cecilia is one of the most famous of the Roman martyrs of the 2nd century. As far as is known, she was born a noble lady of Rome who, despite her vow of virginity, was forced to marry an older pagan nobleman named Valerian. During the wedding, as the musicians played, Cecilia sat apart singing to God in her heart, and for that she was later declared the saint of musicians.

When the time came for her marriage to be consummated, Cecilia told Valerian that watching over her was an angel of the Lord, who would punish him if he sexually violated her but would love him if he respected her virginity.

Understandably startled by this, Valerian then asked to see the angel for himself. Cecilia replied that to do so, he must go to the third milestone on the Via Appia and be baptised by the Bishop of Rome. Valerian seems to have been a good-natured husband, because the story goes that he followed her suggestion, was baptised a Christian, and sure enough, saw the angel protecting his wife.

Being a Christian in those days was dangerous, and when the next wave of Roman persecutions began, Valerian and Cecilia were among those arrested. It is said that they died at the hands of the Roman prefect Turcius Almachius, perhaps in Sicily sometime between 176 and 180 AD.

One story goes that Cecilia was struck on the neck with a sword, and as she lay dying, asked that her house be converted into a church. Certainly, an early Roman Christian church, Santa Cecilia, was founded in the fourth century in the Trastevere section of Rome, reputedly on the site of the house in which she lived.

In the centuries since then, a number of musical compositions have been dedicated to her, and her feast day has become the occasion for many concerts and musical festivals.

St Cecilia is frequently depicted playing a viola, a small organ, or other musical instrument.



Our wonderful harvest mice in St John's, Capel

Things to make you smile

Fire in church

The town's fire prevention officer was conducting a health and safety course at the local church. The officer said to the minister: "Now imagine this: it is a Sunday morning and you have a number of people, spread socially distanced, throughout your church building. Some are in the choir stalls, some are in the kitchen, and some are in the nave. Suddenly, a big fire breaks out. What are the first steps you would take?"

The minister thought carefully for a moment. "Really big ones," he said.

The congregation

A minister was considering a move to a busy town-centre church, and wanted to know what the congregation was like, and especially the church council. So, he rang the minister who had just retired from that church. The retiring minister hesitated a moment and then replied: "Some of them are wise; some are otherwise."

Don't worry

A little boy was told that he should try and be good, and that he could ask God for help with this. So he prayed: "Lord, please make me good, if you can. But if you can't, don't worry about it. I'm having a real good time like I am."

First Communion

My three-year-old niece, Kelly, went with a neighbour's little girl to church for her First Communion practice. The minister had the children cup their hands, and then went solemnly down the line, giving each child a piece of bread, and intoning: "God be with you".

This made quite an impression on Kelly. She came home and told her mother to cup her hands and bend down. Kelly took a piece of bread from her sandwich, placed it in her mother's hands, and whispered, in her most angelic voice, "God will get you."

Churches join Marcus Rashford's call to tackle half-term hunger

by Hattie Williams
26 October 2020



Photo ©PA

Pho, a restaurant in Chiswick High Road, London, specialising in Vietnamese food, is providing free school meals for children over the half-term holiday.

While the Government should have voted to extend free school-meal vouchers for this half-term and for future holidays, this would have been only a “sticking-plaster solution to a longer-term and deeper problem” of child poverty, the Bishop of Durham, the Rt Revd Paul Butler, has said.

Speaking on Monday, he applauded as “heart-warming and encouraging” the rallying of churches, businesses, charities, and individuals to support disadvantaged families during the half-term break this week, after MPs voted against the Labour motion to extend free school-meal vouchers on Friday.

But Bishop Butler said: “I do not believe they should have had to do this, and hope that the Government will change its mind on the provision of free school-meal vouchers over the Christmas and Easter holidays.

“However, this is a sticking-plaster solution to a longer-term and deeper problem — here the Government are right. Child poverty, which is what leads to the hunger, is a much broader problem that requires significant long-term government action.”

He suggested a “permanent uprating” of Universal Credit in line with the £20-per-week increase already in place; raising the national minimum wage to the “real living wage”, to bypass benefits; and “a fundamental shift in thinking and policy-making that puts children at the heart of government decision-making rather than tending to leave them to the edge of decision-making. We can and must do something to correct this injustice.”

The Commons vote was inspired by the England and Manchester United footballer, Marcus Rashford, who in June persuaded the Government to provide food vouchers during the school summer holidays to children who were eligible for free school meals (News, 19 June). He renewed his campaign for the October half-term; his latest petition has accrued almost 900,000 signatures.

The motion was defeated 322 to 261 in the House of Commons, however, sparking outcry from campaigners and pledges of food and assistance from churches, businesses, and other organisations to meet the immediate need of families struggling to feed children during the half-term. The Government have argued that welfare support has increased.

The Archbishop of Canterbury said on Friday: “Our schools and parishes are stepping in to help disadvantaged children across England. Churches across England will be providing free meals to children during the half-term holiday.”

An ordinand at St Paul's, Shurdington, Catherine Milsom, said that she was “overwhelmed” by the response to her suggestion of entering into partnership with a supermarket and businesses to provide food to children in need in the area.

Volunteers at the church, which is part of the Greenway Benefice in the diocese of Gloucester, have worked with Shurdington C of E Primary School to identify 53 children who are to receive food parcels this week.

Church leaders in Cornwall welcomed the Council's decision to fund free school meals for needy children during future holidays, but they called on the Government to ensure that this would not lead to finding cuts for other services.

In a joint letter on Monday, the Bishop of Truro, the Rt Revd Philip Mounstephen; the Bishop of St Germans, the Rt Revd Hugh Nelson; and the chair of the Cornwall Methodist District, the Revd Steve Wild, write: “Over the past six months, many of the existing fragilities in society have been exposed and aggravated, including the shocking levels of hunger and poverty in our country.

The Vicar, the Revd Susan Cooke, said: “Everyone got behind this project very quickly and we have been delighted and overwhelmed by the generosity of the churches, the community, individuals, and businesses. They all want to help the families of the children who attend the school, and families in the village whose children go to other schools.”

In the diocese of York, St Thomas’s, Brambles Farm, in Thorntree, Middlesbrough, is handing out fruit and vegetable packs to 68 families of 340 children. The project is being funded by Together Middlesbrough and Cleveland, a joint venture between the diocese and the Church Urban Fund. On Wednesday, a craft club at St Thomas’s, at which a packed lunch is included, is being organised for 20 children, with take-home meals for their siblings.

Many churches already run foodbanks; others run cafés that are offering free food for children this week, “no questions asked”. Hundreds of local and national food businesses, borough councils, and community groups have also offered free meals or vouchers for children, while individuals, celebrities, and groups including 2,200 paediatricians have called for a government U-turn.

Church leaders in Cornwall welcomed the Council’s decision to fund free school meals for needy children during future holidays, but they called on the Government to ensure that this would not lead to finding cuts for other services. In a joint letter on Monday, the Bishop of Truro, the Rt Revd Philip Mounstephen; the Bishop of St Germans, the Rt Revd Hugh Nelson; and the chair of the Cornwall Methodist District, the Revd Steve Wild, write: “Over the past six months, many of the existing fragilities in society have been exposed and aggravated, including the shocking levels of hunger and poverty in our country.

“The pandemic has made it much worse, but the problem was already there. And over the past few weeks in particular, we have all had to face up to the fact that there are children in our communities who regularly go to bed hungry. We are one of the richest countries in the world and yet there are children without enough to eat.” No matter how complex the issues and policy decisions, this is unacceptable, they write. The Church leaders agree with Bishop Butler, however, that free meals are not the “ultimate solution”. “The real problem is that too many people are caught in poverty and that we, society as a whole, have come to accept the unacceptable. And we know that this longer-term challenge isn’t just a question for politicians; it’s for all of us. We all share the responsibility for building the kind of society that we want to live in.”

On Monday, Labour were pushing for a second vote in the Commons, and Conservative MPs who voted in favour of the motion said that they would be lobbying for a reversal of the decision before Christmas. Responding to the backlash, the Prime Minister said on Monday: “I totally understand the issue of holiday hunger. The debate is, how do you deal with it.” He said that the Government was “very proud” of the support that it had already given through Universal Credit and the £63 million paid to councils in July to help people struggling to afford food and essentials. It later emerged that this sum had already been spent.

The Welsh and Scottish governments and the Northern Ireland Executive already have food-voucher schemes in place. On Saturday, Mr Rashford condemned the “unacceptable abuse” that MPs and their families, particularly women, had reported since the vote. “Let’s stay focused on what is important,” he said, “which is our children, and making sure they get the help that they need.”

“Five million meals” during pandemic. Churches in the UK have provided five million free meals a month to key workers, vulnerable families, and self-shielding individuals since the pandemic took hold, a new report, *The Church in Lockdown*, estimates. It was published by the cross-denominational charity, Your Neighbour, on Monday.

Separately, Your Neighbour has provided 2.8 million meals from its own Lockdown Hunger partnership. The five-million figure is based on data and case studies from partner churches, foodbanks, and charities, as well as a survey from the Evangelical Alliance in which 90 per cent of the 900 member churches that responded reported providing some form of community support to the vulnerable, including foodbanks and helplines.

Your Neighbour was founded in March to support communities in need during the pandemic. Since then, more than 1100 churches and Christian charity partners have joined its network, including the Church of England, the Salvation Army, Baptists Together, Assemblies of God, Vineyard, and the Methodist Church. Its own helpline had taken 1300 calls since March, the report states.

The director of YourNeighbour, Tim Pikington, said: “As well as churches providing what we estimate to be more than five million meals per month to those in need, they have also played a vital role in providing [for] emotional and spiritual needs through pastoral and bereavement support, domestic-violence interventions, and mentoring, among others.”

This is turning from a sprint to a marathon

23 October 2020

So how do people cope? *Justin Welby* and *Stephen Cottrell* write that resilience can be found through faith and a bit of self-care



We could not be more inspired by some of the stories of selflessness and kindness which we have heard about clergy and lay people in our churches in these past months.

And yet we are hearing, over and over again, how exhausted they are. Working such long hours, and sharing in the pain of those they serve, takes a deep toll on mental and physical well-being. You can't pour from an empty cup, but many of us are left trying.

There are also bigger factors at play. As a society and a Church, we cannot continue to function in crisis mode, living on adrenaline. Now, we are in maintenance mode: accepting that this "new normal" will be around for a while. And it's tiring: more Zooms, less physical contact, more grief — not just for the people we have lost, but for our old way of living.

This week sees the [publication](#) of *How Clergy Thrive: Insights from living ministry*, by Dr Liz Graveling. Wise, well-researched, and full of good advice, it's a toolkit to help clergy reflect on their own well-being — and support the well-being of others. This would be welcome reading at any time; in the middle of a pandemic, it's indispensable.

We cannot sprint indefinitely, or be like the Duracell bunny, bouncing along with an empty smile on its face while others topple over. That's not resilience. Resilience is the capacity to go on trusting God in the middle of lament, protest, celebration, joy, and any variety of the above.

Resilience is part of the bedrock of the Bible. In Isaiah 7.9, Isaiah says to a panicked King Ahaz: "If you do not stand by faith you will not stand at all." Ahaz has justifiable worries: an army is threatening to besiege his city. Isaiah says that God is bigger.

How can faith be sustained in the face of all the pain and confusion?

First, God offers his people a relationship rooted in transparency and acceptance, one where they can always be honest. This does not mean grumbling without ceasing, but God gives space for lament, grief, anger, and tears. As one who intimately understands pain and grief from the cross, he will stand with people in their suffering.

This foundational relationship with God gives us the opportunity to be radically honest with each other as well. We can say when we are worn down. We can ask for prayer and support. The gospel calls us to be people of truth, even — and perhaps especially — when that truth makes us feel vulnerable.

When we feel overwhelmed and exhausted, it is vital that we remember to take sabbath time. God knows the importance of rest: he loves us because of who we are, not because of what we do.

Are you doing things that give you strength and joy — just because they are fun to do? Are you doing things that build you up as well as the things you are doing to meet people's needs?

Finally, don't be afraid of your own fragility and failings. Everybody gets things wrong, sometimes. But our God is in the redemption business. Jesus gathers up all the fragments. With God, nothing is ever lost, and in his grace we can learn and grow. That is the true wonder of God: his ability to draw hope out of despair, joy out of pain.

Even in the darkest moments, to be a Christian is to declare the possession of hope — because God's steadfast love endures for ever; because, just when things looked most hopeless, Jesus Christ was resurrected from the dead.

Sometimes, even if it cannot be felt, the goodness of God is working, waiting to come into the light. In the bleakest moments, in Christ's death, on Holy Saturday, God was doing his most miraculous work.

Neither of us pretends to be especially resilient, especially strong, certainly not especially clever or wise. Yet we know that, despite everything, we are deeply loved by God, and, when we seek to love God back, we find some resilience, a little wisdom, perhaps the odd insight.

It doesn't take much of a fresh vision to become the people of hope. God does the heavy lifting. This country needs a Church that is hope-filled, generous-spirited, humble, accepting, and open.

The Church will have declines and advances. But what we are doing to bless and serve our communities — through schools and 35,000 social projects, with partners and friends, other churches and faith groups — contains the seeds of new resilience, hope, and energy.

This is a profound crisis for the nation, and thus for its Church, and there is a long way to go. But we will come through it, mourn those we've lost, and celebrate the faithfulness of God. For all our failures, we pray we may do that with faith in God and hope for the future.

How Clergy Thrive: Insights from living ministry by *Dr Liz Graveling* £2.99 ([Church Times Bookshop £2.69](#)) is available from 30 October, but pre-orders are being taken. Or it can be downloaded for free from churchofengland.org/living-ministry. Do Nothing to Change Your Life: Discovering what happens when you stop by *Stephen Cottrell* (second edition) is £7.99 ([£7.19](#)).

©Church Times

A Church Times Podcast

This week, Ed Thornton talks to the historian and author Tom Holland about a new collection of essays he has edited, *Revolutionary: Who was Jesus? Why does he still matter?* (SPCK). It's available from [the Church Times Bookshop](#) for the special price of £15.99.

"If you regard Jesus as just an enlightened teacher, then, ultimately, he's no different to philosophers, teachers from other periods of history. . . . But if what the gospels, the New Testament, the Church teaches is true, then the strangeness is so strange that it must surely animate everything that Christians say about the figure of Jesus."

<https://www.churchtimes.co.uk/articles/2020/16-october/audio-video/podcast/tom-holland-on-revolutionary-who-was-jesus-why-does-he-still-matter>

The book features contributions from Christian, Jewish, Muslim, and non-religious writers. They include Rowan Williams, Terry Eagleton, Amy-Jill Levine, Tarif Khalidi, and Julian Baggini. An extract from the book is published in this week's *Church Times* (16 October).



Editor's note: I've discovered that The Church Times produces recipes each week so thought I would share a couple with you! I hope you enjoy them. If you have any recipes that you would like to share with the readers do let me know!

How to make home-fried chicken, and raspberry and white chocolate tiramisu

07 August 2020

by [Simon Walsh](#)

A CRAVING for fast food one week prompted me to recreate the idea with this **Home-fried chicken**. It's not that rapid, but it's simple, fun, and good for picnics, too.

1.5kg (3 lb) chicken thighs and drumsticks

1 litre (2 pts) whole milk

1 garlic clove

2 bay leaves

200g (7 oz) flour

30g (2 oz) cornflour

2 teaspoons each: salt, white pepper, black pepper, garlic granules, celery salt, mustard powder, cayenne pepper, dried thyme, rosemary, sage, basil,

paprika

2 eggs

1 litre (2 pts) sunflower oil



© iStock

Pack the chicken pieces snugly in a dish, sprinkle with salt, then pour over the milk to submerge. Cover and refrigerate for at least six hours (preferably overnight). Remove from the fridge and tip into a large saucepan. Bash and peel the garlic and add with the scrunched-up bay leaves to the pan. Bring just to the boil and simmer for 20 minutes, then leave to cool. They can still be warm at preparation stage, but are now cooked in the milk.

Combine the flours, spices, and seasonings on a large plate. Beat the eggs in a shallow bowl alongside. Have a wire rack to hand. Take each piece of chicken, roll in the spice-flour mix. Once each has been done, roll in the eggs, and then the flour mix again. Return each piece to the rack to settle for 15 minutes.

Heat the oil in a large casserole or pan, and fry the chicken for a few minutes each side to colour. Remove to the rack to drain briefly, then serve.

For our first family reunion since lockdown, I made a **Raspberry and white chocolate tiramisu**.

250g (8 oz) raspberries

1 tablespoon sugar

2 tablespoons amaretto (optional)

3 eggs

90g (3 oz) caster sugar

2 × 250g tubs mascarpone

100g (4 oz) white chocolate

Warm the raspberries in a pan with a small glass of water until they start to break down. Remove from the heat, stir in the sugar and the amaretto.

Separate the eggs. Whisk together the yolks and sugar until light and fluffy, and then beat in the mascarpone cheese until smooth. With clean beaters, whisk the egg whites in a separate bowl until firm. Fold into the yolk and cheese mixture.

Line a large trifle dish with ten of the sponge fingers. Spoon over half the raspberry sauce, then half the mascarpone-egg snow. Grate over half the chocolate, then repeat the layers: sponge fingers, raspberries, snow, white chocolate. Refrigerate, ideally overnight — the longer the better. My mother suggests a scattering of flaked almonds on top, too.

BOOK REVIEWS

by Parish Pump

Page 25

In the Shadow of the Shahs – Finding Unexpected Grace

By Farifteh V. Robb, Lion Hudson, £9.99

Have you ever wondered what it is like to survive a revolution? To be a religious convert, adopting a different nationality and starting afresh in a new discipline? To fall deeply in love, despite some major obstacles to your growing relationship?

All of these things, and more, happened to Farifteh Robb. This is the fascinating and moving story of a woman's journey between two cultures – her Persian Muslim heritage and her Christian life in Scotland. It describes the challenges she faced in an Iran torn apart by political turmoil, and in her new life in the UK.

Written with passion, candid reflection, and a gentle wit, hers is the story of a life lived in faith in a multicultural world.

Where Do I Come From?

By Bob Hartman, Lion Children, £7.99

This would be good for children. It will help them understand "how you are created by God through the clever set of instructions, DNA, and how this connects you with the big family of living things through God's imaginative and creative plan."

The children will learn about the passing on of DNA, starting from them, back to the beginning of God's creation of the universe. They will be encouraged to discover and wonder at their place in the world, and reflect on the responsibility of looking after God's creation.

What Good is God? – Crises, faith and resilience

By Roger Abbott and Robert White FRS, Monarch, £9.99

The world's natural disasters are increasingly impacting upon our lives. This book explores how we might respond practically and faithfully to such tragedies.

The perspectives of survivors, responders, and academics are brought together, providing a multi-layered and compassionate examination of a difficult subject. Making sense of earthquakes, tsunamis, and pandemics, is not easy, but readers may find this book an inspiring resource for thought, prayer, and action.

For more reviews see overleaf on page 26

But Where Are You Really From? – on Identity, Humanhood and Hope

By Amanda Khozi Mukwashi, SPCK, £5.99

This book about identity comes from CEO of Christian Aid, Amanda Khozi Mukwashi. She shares her experience of life as a Christian black woman with Zambian heritage, born and living in the UK. She explores issues of race and culture and how it feels to be judged on skin colour when identity is made up of so many things.

Amanda believes that until we share our diversity of stories, dangerous assumptions will persist. She celebrates the universal connections we all share, and hopes to offer a new perspective on identity, humanhood and hope.

The book may interest anyone who wants to deepen their understanding of the current race and cultural transformation that is happening across the world today.

Closing Ranks – my Life as a Cop

By Leroy Logan, SPCK, £12.99

This book tells of an illustrious career, giving a behind-the-scenes look at the workings of the Metropolitan Police. One of the founder members of the Black Police Association Charitable Trust, Leroy Logan has had first-hand experience of race relations in modern-day Britain, and he relates how his strong Christian faith helped him persevere in a frequently hostile work environment.

Leroy's passion for good policing shines through the pages, as does his touching concern to guide and empower young people. He also encourages other black officers to stay on and work to change the culture within the police.



Frequencies of God – Walking Through Advent with R S Thomas

By Carys Walsh, Canterbury Press, £12.99

With the season of Advent, the coming of Christ is imminent. It is a season of preparation and hope for the arrival of God-with-us in the Incarnation.

R. S. Thomas, a poet of waiting and anticipation, can be a profound guide for this season. His spiritual and poetic trajectory of discovering the presence of God - divine 'frequencies' - even in apparent absence, can help lead us into an Advent landscape of surrender, open-hearted discovery, epiphany and encounter.

This collection of 28 reflections on Thomas's poetry travels through the season, and follows a Carmelite pattern of waiting, accepting, journeying and birthing.

Come Let Us Adore Him – a Daily Advent Devotional

By Paul David Tripp, Crossway/10ofThose, £4.99

Every time the Christmas season comes around, we look forward to putting up a tree, giving and receiving gifts, and participating in other traditions that make this wonderful time of year so special. But sometimes the most significant aspect of the season—focusing on the coming of Jesus—grows old and familiar.

Here Paul Tripp seeks to reawaken our awe during Christmastime. Each day begins with a compelling, gospel-centred thought followed by an extended meditation for the day. Each of the 31 devotions also includes a Scripture reading and notes for parents and children, equipping us to do the one thing that matters most each December—celebrate Jesus.

One True Light – Daily Advent Readings from The Gospel of John

By Tim Chester, The Good Book Company/10ofThose, £4.24

We may be familiar with the baby in the manger, but have you met the Word who was in the beginning with God? Have you met the One True Light who is full of grace and truth? Or the Cosmic Lord who won the right for people to become Children of God? They are one and the same person.

Join Tim Chester as he guides us through the opening verses of the Gospel of John, and enjoy a Christmas infused with new meaning and light.

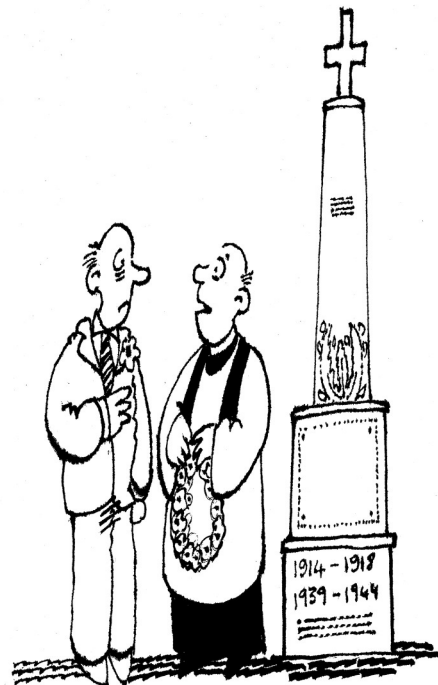
Journey to Contentment: Pilgrimage Principles for Everyday life

By Sally Welch, BRF, £8.99

Using the metaphor of pilgrimage, Sally Welch explores how we can understand this biblical principle and make it our own.

This book is divided into sections of a journey, beginning with the preparations necessary before setting out, exploring the obstacles which might be put in our path and sharing ways in which the journey can be made easier and more productive. At the end of each reflection there is a suggestion for an activity or prayer to enable the reader to apply the learning to their own life.

All book reviews this month from Parish Pump



...at the going down of the sun we would have remembered them - but some rotten scrap metal thief has stolen the brass plaque with the names on!!

The Church will emerge “renewed and changed” from the crisis of the global coronavirus pandemic, the Archbishops of Canterbury and York have said.

In a recent joint address to members of the Church of England’s General Synod, Archbishops Justin Welby and Stephen Cottrell said that amid a time of trauma, loss and struggle in this country and around the world, Christians have proved to be a “people of hope”.

The address came at the start of special, one-day sitting of Synod in London, with reduced numbers, to make a rule change to enable it to meet remotely during pandemic restrictions.

Archbishop Justin acknowledged the multiple challenges and crises we are facing including hunger, poverty, domestic violence and climate change.

He said churches have played a vital role serving their communities and bringing hope through the gospel. But the Church itself will, he said, emerge changed.

“We do not know what kind of Church of England will emerge from this time except that it will be different,” he said.

“It will be changed by the reality that for the first time all churches have closed - first time in 800 years. It will be changed because for the first time we have worshipped virtually.”

He continued: “Out of these times we will see renewal - not because we are clever but because God is faithful.

“We will see a renewed and changed Church emerging from the shocks of lockdown.

“It is a Church that at the most local has fed so many, been in touch with the isolated through the heroic efforts of all who take part in it, of clergy and laity and those who even weren’t near the church before these times.

“It is a Church which has continued to pray and to offer worship through our Lord Jesus Christ, even if in new and unusual ways.”

Archbishop Stephen spoke with emotion about the impact of pandemic. “I hate this Coronavirus,” he said.

“I hate it not only because so many people have died, but because so many people have died alone, unable to hold the hand of their beloved.

“I hate it because our health service has been stretched to the limit. I hate it because so many are bereaved and could not even sit next to a family member at a funeral.

“I hate it because weddings and baptisms and ordinations have been postponed or have gone ahead without the parties that were meant to be with them.

“I hate it because children’s schooling has been disrupted. I hate it because so many people are so ill, so many crying out in pain, so many isolated, lonely, fearful, depressed.

“I hate it because behind locked doors terrible things have happened. I hate it because the poor and the disadvantaged have been hit the hardest.

“I hate it because it has left so many people across the world feeling hopeless as if life itself has been taken from us.”

But he said he was also thankful for the faithfulness of all who have served others during the crisis and risen to the challenge.

He added: “I am thankful that despite all the horrors of a Covid world we are learning a new commitment to Christ and how to be a humbler, simpler, church and we are putting Christ at the centre of our lives and learning very, very, very painfully what it really means to be a church that is dependent on Christ alone.

“And I am filled for longing: I long for us to be a more Christ-centred and Jesus-shaped church witnessing to Christ and bringing the healing balm of the Gospel to our nation for this is our vocation.”

November brings us All Saints and All Souls day, when we remember those who have gone before us in the faith...

Precious in the sight of the Lord is the death of his saints. - *Psalm 116:15*

The Christian church has the resurrection written all over it. - *E G Robinson*

The Church is the only society in the world that never loses any of its members, even by death. - *John Blanchard*

The greatest saints have always shown the perfect combination of nearness to our Lord on the one hand, and a deep sense of their own unworthiness and weakness on the other. - *Abbe de Tourville*

There is little good in filling churches with people who go out exactly the same as they came in; the call of the Church is not to fill churches but to fill heaven. - *Fr Andrew SDC*

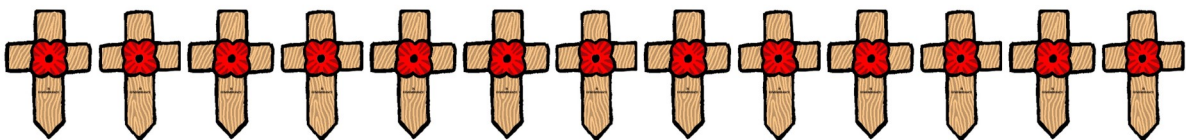
November also brings us Remembrance Day...

War creates no absolutely new situation: it simply aggravates the permanent human situation so that we can no longer ignore it. - *C S Lewis*

War does not determine who is right - only who is left. - *(probably) Bertrand Russell*

The tragedy of war is that it uses man's best to do man's worst. - *Harry Emerson Fosdick*

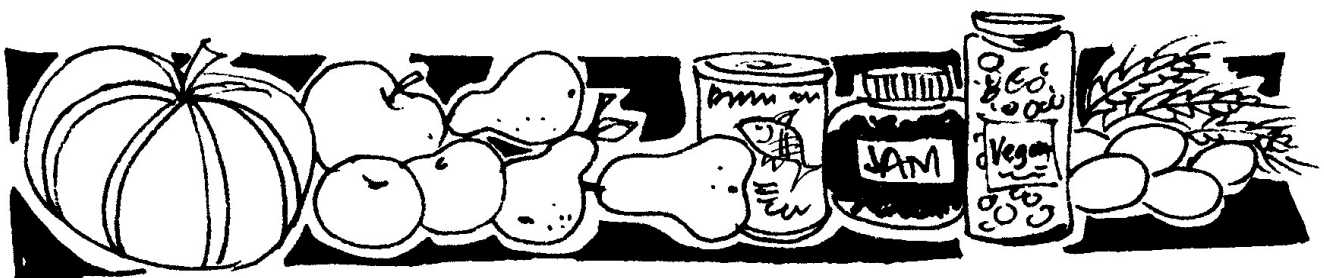
The Church knows nothing of a sacredness of war. The Church which prays the 'Our Father' asks God only for peace. - *Dietrich Bonhoeffer*



Harvest Thank you!

Thank you also for the wonderful food donations that will be going to Dorking Foodbank, Leatherhead Shelter and local families in Ockley.

We also raised £94 from our 'socially distanced' teas, thank you to everyone who came and those who volunteered, the church looked wonderful. We are hoping to do another tea on 6th December so long as restrictions allow.



Miscellaneous observations

Miscellaneous observations on growing as a Christian

God isn't looking for perfect people. He is looking to perfect people. – *John Hileman*

The finest test of character is seen in the amount and the power of gratitude we have. - *Milo Gates*

There are some of your graces which would never be discovered if it were not for your trials. - *C H Spurgeon*

Growth is not the product of effort, but of life. - *Augustus Strong*

I know not the way God leads me, but well do I know my guide. - *Martin Luther*

Could we be content to meet a loved one only in public? - *J Hudson Taylor*

Going to church doesn't make you a Christian any more than standing in a garage makes you a car. – *Billy Sunday*

When God intends great mercy for His people, the first thing He does is set them a-praying. - *Matthew Henry*

Beginning well is a momentary thing; finishing well is a lifelong thing. - *Ravi Zacharias*

Miscellaneous observations on daily life – and other people

I have learned now that while those who speak about one's miseries usually hurt, those who keep silence hurt more. – *C S Lewis*

Political campaign: a war in which everybody shoots from the lip. - *Anon*

Power will intoxicate the best hearts, as wine the strongest heads. No man is wise enough, nor good enough, to be trusted with unlimited power. – *Charles Caleb Colton*

A clear conscience is the sign of a bad memory. – *Mark Twain*

He uses statistics as a drunken man uses lamp-posts; for support rather than illumination. - *Andrew Lang*

He inherited some good instincts from his Quaker forebears, but by diligent hard work, he overcame them. - *James Reston*

Some cause happiness wherever they go; others, whenever they go. - *Oscar Wilde*

Miscellaneous musings modern life...

In filling out an application, where it says, 'In case of emergency, notify:' I put 'DOCTOR.'

Member of the congregation to minister: "I didn't say it was your fault, I said I was blaming you."

Change is inevitable, except from a vending machine.

The older you get, the tougher it is to lose weight because by then, your body and your fat are really good friends.

Where there's a will, there are relatives.

Sepsis, UKST and Me

Some of you may recall reading some of the story of my illness and recovery in past issues of InSpire. Suzanne has asked me to contribute to this issue with information about The UK Sepsis Trust. As a sepsis survivor, I found some of the statistics and information quite alarming yet reassuring at the same time. Read on to find out more...

Did you know? –

- Every 3 seconds, someone in the world dies of sepsis.
- In the UK alone, 245,000 people are affected by sepsis with at least 48,000 people losing their lives in sepsis-related illness' every year. This is more than breast, bowel and prostate cancer combined.
- 25,000 hospital admissions with sepsis each year in the UK occur in children.
- Globally, sepsis claims 11 million lives a year. Yet, for many patients, with early diagnosis it is easily treatable.
- 40% of all sepsis survivors suffer permanent, life-changing after effects.

What is Sepsis?

Sepsis (also known as blood poisoning) is the immune system's overreaction to an infection or injury. Normally our immune system fights infection – but sometimes, for reasons we don't yet understand, it attacks our body's own organs and tissues. If not treated immediately, sepsis can result in organ failure and death. Yet with early diagnosis, it can be treated with antibiotics.

Sepsis can initially look like flu, gastroenteritis or a chest infection. There is no one sign, and symptoms present differently between adults and children.



The UK Sepsis Trust (UKST) exists to fight this life-threatening condition, stop preventable deaths and support those affected by sepsis.

What we do –

- Provide clear information about sepsis.
- Help understand sepsis recovery and suggest options that may help with problems patients may be experiencing.
- Signpost to other appropriate services that can offer advice and support.
- Provide information on how to raise concerns about care or treatment.
- If you have lost someone from sepsis, we can help you understand what may have happened to your loved one and provide the opportunity to ask questions.

The sepsis support helpline is a free confidential service providing support to anyone affected by sepsis. Trained nurses with knowledge and experience of sepsis, sepsis recovery and critical care staff the helpline.

Results of a new study into the after-effects of COVID-19 confirm the similarities between the recovery process of sepsis survivors and those who survive severe COVID-19. UKST have stated for many months that the after-effects of COVID-19 are likely to be extremely similar to those of other patients who've survived sepsis and thus have opened up their support team to survivors of COVID-19 since March.



Professional support for survivors & the bereaved

As for so many charities at the moment, fundraising opportunities have become very limited and funds are needed more than ever to continue the valuable work of The UK Sepsis Trust. You may know that my older son, Joseph, raised £3,000 for The UK Sepsis Trust and Cancer Research this summer by running 10km every day for 21 days in the lead up to his 21st Birthday. I was also touched that the local Scouting and Guiding units nominated UKST as the recipient of this year's Harvest Festival collection and that £206 was raised. Thank you.

If you feel that you would like to know more about UKST or make a donation to their work go to <https://sepsistrust.org/>

Thank you.

George Ede

Would you like a charity or challenge that you are involved in featured in InSpire?

If so, do get in touch with the Editor!

Mission Accomplished!

Thank you to everyone who supported me on my recent 100 mile challenge. I'm pleased to report that I raised just over £1,000 plus Gift Aid which goes into my father's Tribute Fund and the Motor Neurone Disease Association can then access all the funds from there.

Suzanne Cole



Christmas
Cards

The
Children's
Society

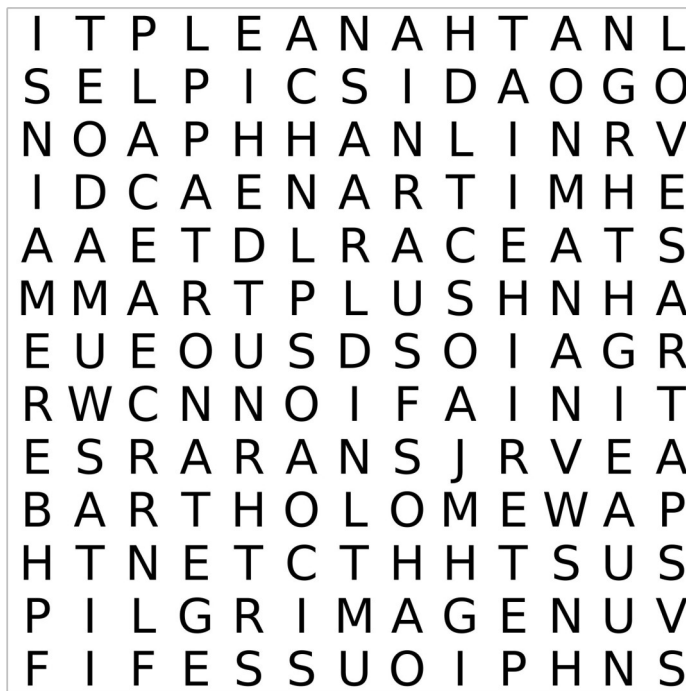
I recently put a few copies of **The Children's Society Christmas cards for 2020** in Capel church. They have an order form in them and a pre-paid envelope so that you can order direct if you would like to support the society.

Traditionally I have done a coffee morning in aid of The Children's Society the last few years but am no longer the Parish representative. In fact we now no longer have a representative unless someone would like to take on the role!

Suzanne Cole

Wordsearch Clues

This month Scotland remembers one of the very first disciples of Jesus. St Andrew is honoured not for any mighty deeds of his own, but for his love of introducing people to Jesus. He went straight off and introduced his brother Peter to the Saviour, and followed that up by bringing Nathanael/Bartholomew to Jesus. 'Better Together' seems to have been his slogan, too! 'We have found the Messiah!', he told them, unable to keep the good news to himself. Andrew's connection with Scotland dates back to the claimed translation of his remains from Patras in Achaia to Scotland in the eighth century. The church in Fife where these remains were buried became a place of pilgrimage during the tenth century. All of this may be no more than pious legend, but that St Andrew was highly regarded in Scotland and became its patron saint is beyond doubt.



Scotland
Disciples
Jesus
Andrew
honoured

Patras
Achaia
Eighth
Remains
translation

Saint
Love
Introducing
Place

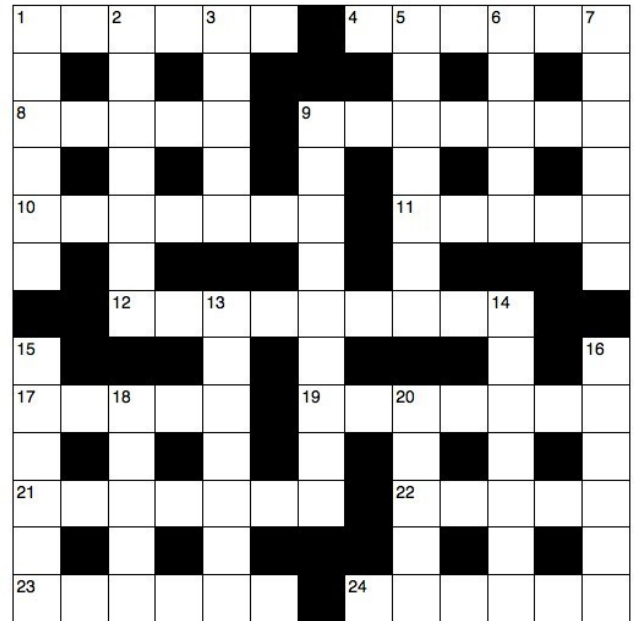
Peter
Nathanael
Bartholomew
Messiah
Saviour

Fife
Pilgrimage
Tenth
Pious
Patron

CROSSWORD

Across

- 1 'The Lord Jesus... took bread, and when He had given — , he broke it' (1 Corinthians 11:24) (6)
- 4 'He has taken me to the banquet hall, and His — over me is love' (Song of Songs 2:4) (6)
- 8 Surrey town that hosts the National Christian Resources Exhibition (5)
- 9 Also known as Abednego (Daniel 1:7) (7)
- 10 Liken (Isaiah 40:18) (7)
- 11 A son of Etam, descendant of Judah (1 Chronicles 4:3) (5)
- 12 A part of the temple where the blood of a young bull was to be smeared (Ezekiel 45:19) (9)
- 17 'They make many promises, take false — and make agreements' (Hosea 10:4) (5)
- 19 Roman province to which Paul returned after evangelizing it on his first missionary journey (Acts 16:6) (7)
- 21 Material used to make baby Moses' basket (Exodus 2:3) (7)
- 22 'And feeble as — , in thee do we trust, nor find thee to fail' (5)
- 23 'The watchman opens the gate for him, and the sheep — to his voice' (John 10:3) (6)
- 24 Stalk carrying the sponge of wine vinegar given to Christ on the cross (John 19:29) (6)



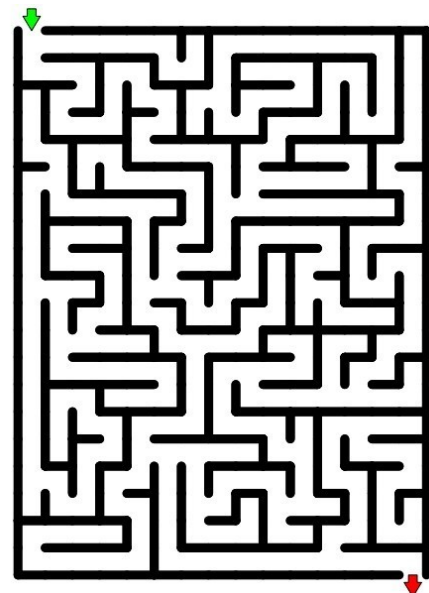
Down

- 1 Elijah dug one round the altar he built on Mount Carmel and filled it with water (1 Kings 18:32) (6)
- 2 'I am not — of the gospel, because it is the power of God for the salvation of everyone who believes' (Romans 1:16) (7)
- 3 Buddhist term relating to belief in reincarnation (5)
- 5 Damascus disciple who, at God's command, restored the sight of the blinded Saul of Tarsus (Acts 9:12) (7)
- 6 and 16 Horses: their sound (Jeremiah 50:11) (5) and their gait (Joel 2:4) (6)
- 7 A three (anag.) (6)
- 9 Athenian council addressed memorably by Paul (Acts 17:22) (9)
- 13 Abide by (Galatians 3:5) (7)
- 14 Persian princes (Daniel 3:2) (7)
- 15 Force (Galatians 6:12) (6)
- 16 See 6 Down (6)
- 18 Paste (anag.) (5)
- 20 How the cedars of Lebanon are described (Isaiah 2:13) (5)

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				2			1
	5				7		
4		8					3

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Medium Level Soduku



INFORMATION: COVID-19 SELF ISOLATION

Coronavirus Parish Angels are here to help

**If you have a NEW persistent cough, high fever or are short of breath,
you are advised to self-isolate.**

Call a number below, and if that is busy call another.

For the Capel & Coldharbour area CALL

0739 596 3129

0739 596 3147

0739 596 3156

For Beare Green, South Holmwood & Mid Holmwood CALL

0739 490 8229

0739 590 9548

0739 596 3146

HOW THIS WORKS:

Give your name, phone number, address and your request. If you want us to collect a prescription, add your date of birth. We will pass your request on to a local helper who will arrange delivery to your doorstep - whilst retaining a social distance.

Capel Parish Council working with local communities and churches

HELP is at the end of a phone.

The Parish Website ... keeping you informed during the Coronavirus pandemic and at all times

Our church website has proved to be a lifeline during the Coronavirus pandemic and I'm sure will continue to provide a wonderful service for those unable to make it to church. The Weekly news sheets have been sent out via email to those who wish to receive it and will also continue to be uploaded to the website, as will the online services.

<https://www.capelandockleychurch.org.uk/weekly-news-sheets/>

For **Services**, go to 'services' in the top menu, OR select:

<https://www.capelandockleychurch.org.uk/services/services-on-line/>

If reading InSpire online, you can click on the two links above.

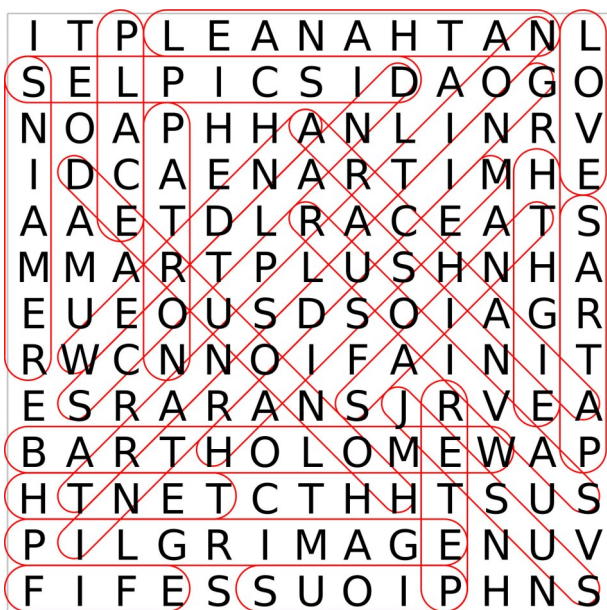
Puzzle Solutions

CROSSWORD ANSWERS

ACROSS: 1, Thanks. 4, Banner. 8, Esher. 9, Azariah. 10, Compare. 11, Ishma. 12, Doorposts. 17, Oaths. 19, Galatia. 21, Papyrus. 22, Frail. 23, Listen. 24, Hyssop.

DOWN: 1, Trench. 2, Ashamed. 3, Karma. 5, Ananias. 6, Neigh. 7, Reheat. 9, Areopagus. 13, Observe. 14, Satraps. 15, Compel. 16, Gallop. 18, Tapes. 20, Lofty.

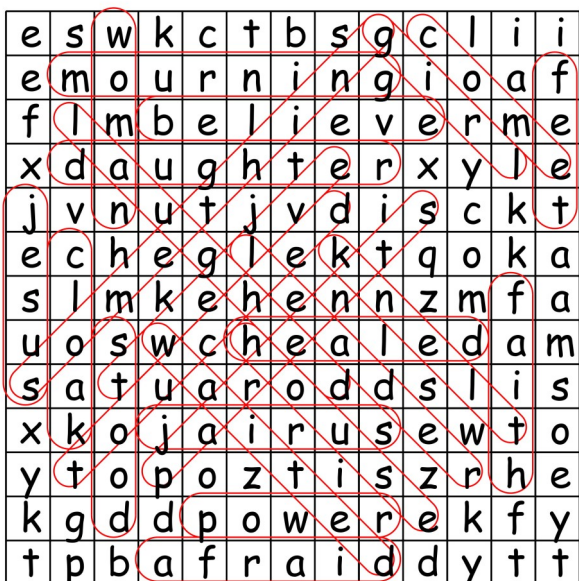
Wordsearch solution



Crossword solution

T	H	A	N	K	S		B	A	N	N	E	R			
R		S		A				N		E				E	
E	S	H	E	R		A	Z	A	R	I	A	H			
N		A		M		R		N		G		E			
C	O	M	P	A	R	E		I	S	H	M	A			
H		E				O		A						T	
							D	O	O	R	P	O	S	T	S
C						B		A				A		G	
O	A	T	H	S			G	A	L	A	T	I	A		
M		A				E		U		O			R	L	
P	A	P	Y	R	U	S				F	R	A	I	L	
E		E								V		Y		P	
L	I	S	T	E	N					H	Y	S	S	O	

Junior Wordsearch solution



Medium Sudoku solution

6	9	3	7	1	8	2	5	4
2	4	7	3	5	9	8	6	1
8	1	5	6	4	2	3	9	7
1	6	9	2	3	4	7	8	5
7	3	2	1	8	5	6	4	9
5	8	4	9	7	6	1	3	2
9	7	6	4	2	3	5	1	8
3	5	1	8	9	7	4	2	6
4	2	8	5	6	1	9	7	3



Harvest Reflections 2020



Your contributions would be most welcome and any copy for this publication should be sent to
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